

What is Woebot?

Woebot is an artificially intelligent chatbot that helps individuals monitor their mood and learn about themselves. Woebot uses evidence-based cognitive behaviour therapy (CBT) techniques to equip users of the app with the tools they need.

Woebot asks people how they're feeling and what is going on in their lives in the form of brief daily conversations. The chatbox has over 150 evidence-based lessons, exercises and stories from experts in clinical psychology.

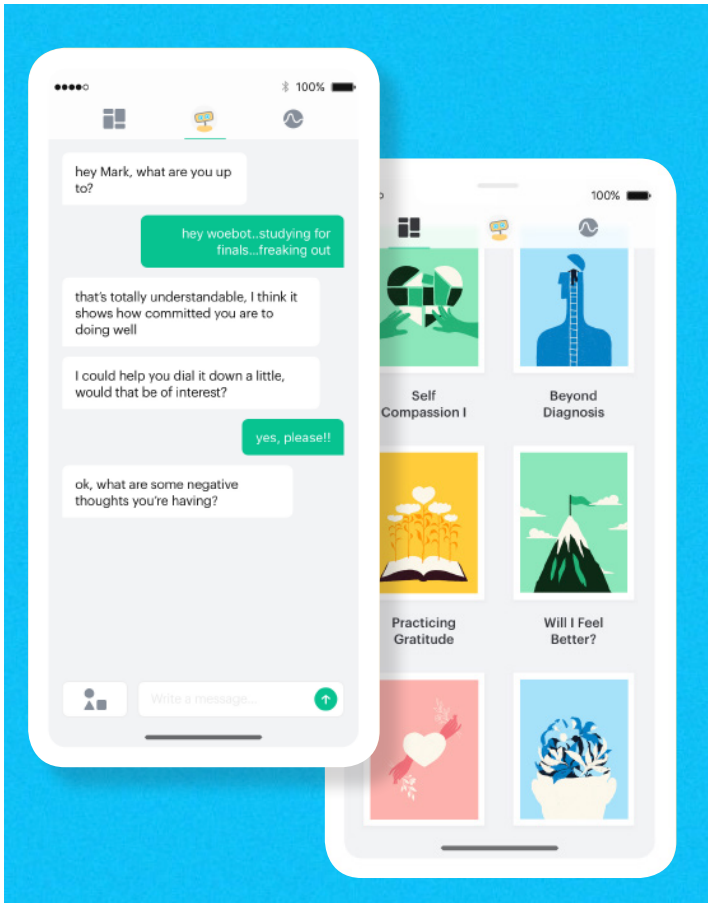
Woebot has been shown to reduce symptoms associated with anxiety and depression in just two weeks. The chatbot helps users think through situations with step-by-step guidance using methods from CBT.

Who is it for?

The creators of Woebot are on a mission to make mental health radically accessible to everyone. Anyone with mild-to-moderate mental health issues might want to give Woebot a try.

Woebot is now available locally in the Waterloo Wellington area. The free interactive app will help support counselling agencies in the area that specialize in mental health, youth engagement and development, family violence, individual and family counseling, credit counseling, settlement supports and collective wellness.

Woebot is not a therapist and is not intended to replace in-person treatment. It's a great tool to use alongside therapy sessions.



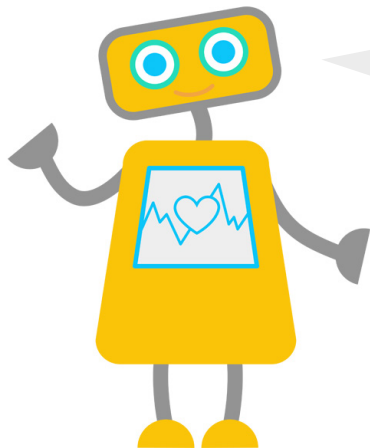
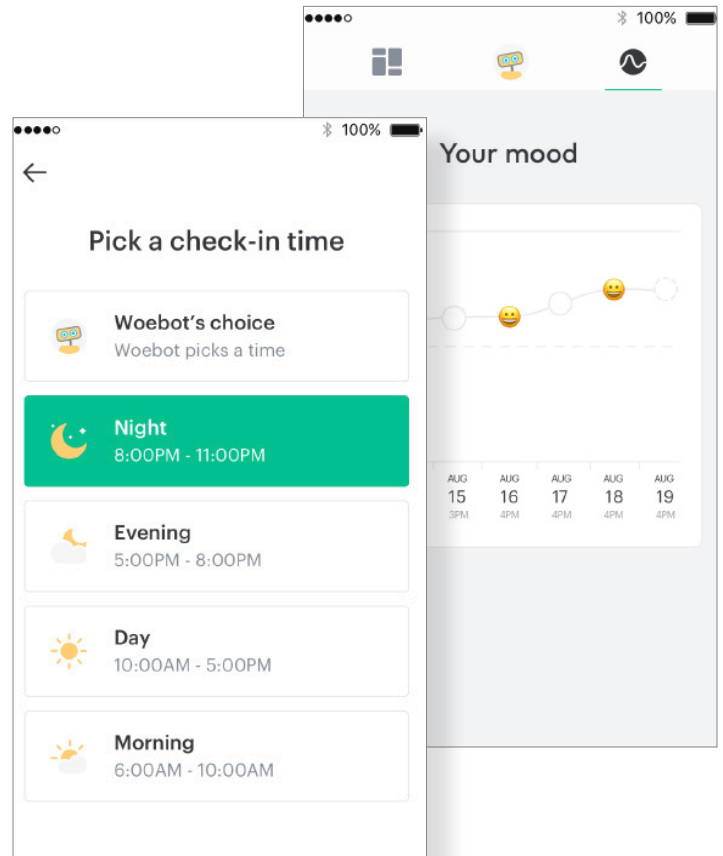
What is the science?

Over 20 years of rigorous research has shown that do-it-yourself cognitive behaviour therapy (CBT) works. CBT delivered via the internet can be as effective as therapist-delivered CBT for both anxiety and depression. In a recent study conducted at Stanford University, using Woebot led to significant reductions in anxiety and depression among people aged 18-28 years old, compared to an information-only control group. Approximately 85% of the participants used Woebot daily or almost daily.

For more information about the science behind Woebot, visit www.woebot.io/the-science.

How can your clients get it?

Anyone can sign up for a free Woebot account. Counseling organizations and primary care providers are encouraged to recommend Woebot to individuals who may benefit from the guided self-help, cognitive behaviour therapy chatbot.



What are people saying about Woebot?

"In my first session with Woebot, I found it immediately helpful."

"Woebot is consistently kind and extremely helpful. I've learned a lot by interacting with the app."

"This app has been really helpful with my anxiety and being more aware of my emotions and my overall mental health."

Download the app for free here: <https://woebot.page.link/ontario>



With support from the Waterloo Wellington LHIN

